



# Stark Report

Onondaga County Health Department  
WIC Program

April-June 2011  
Newsletter

## Breastfeeding and the Hospital Experience

Having a baby is an amazing event and it is good to plan ahead and be prepared for your hospital stay. The following tips may help you have more control over what happens to you and your baby during this time.

**Learn as Much as You Can About Breastfeeding.** Take out books or videos from the library. Go to a class at the hospital. Read the hand-outs from the WIC office. Learn about breastfeeding at [www.breastfeedingpartners.org](http://www.breastfeedingpartners.org).

**Create a Breastfeeding Support Team.** This team should include people you trust, such as your mother or your partner. Share what you have learned about breastfeeding with these people. Ask your WIC nutritionist to connect you with a peer counselor ...and call her as questions or concerns come up.

**Find a Doctor Who Supports Breastfeeding.** Be sure to let your doctor know how important breastfeeding is to you. Find out what the practice does to support breastfeeding.

**Plan to Nurse at the Hospital** and give only breast milk for at least the first 4-6 weeks. If you use formula in the early days or weeks it might “set” your milk supply at a lower level than your baby needs. Nursing often will set your milk supply at a good level.

**Limit Your Visitors.** Tell family and friends that you will be nursing often and practicing skin-to-skin. Too many visitors can overwhelm new parents and take away from mother-baby time.

**Practice Skin-To-Skin.** Put your baby on your chest right after delivery. This will keep her warm and help her feel safe. It also will help trigger her natural instinct to nurse. If possible, request that medical staff perform her first “routine” exams while she is on your chest.

**Nurse the First Hour.** Try to nurse within 30 minutes to 1 hour of delivery. Hold your baby skin-to-skin and watch for signs that she is ready to nurse (e.g. sucking, rooting, hands to mouth, etc.). Be patient and gently guide her as she bobbles her way towards your breast.

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### Nutrition Tidbits:

- *It is important for all women in their childbearing years to take folic acid. Having enough folic acid before and during pregnancy helps to properly develop the neural tube which becomes the baby's spine*



***Practice Rooming In.*** Request for your baby to stay with you 24 hours a day. This will allow for plenty of skin-to-skin time. This will also help you learn her feeding cues.

***Have an Emergency Plan.*** If you have an emergency cesarean, hold your baby as soon as you are able to after surgery. If you are not able to hold the baby right away, have your partner hold the baby skin-to-skin until you can. If your baby is not able to breastfeed or can't be with you, ask to use a pump within the first few hours of delivery.

***Do Not Give Bottles or Pacifiers.*** Request that your baby not be given any artificial nipples. If there is a medical reason to supplement, ask to speak with a lactation consultant about other feeding options for your baby.

***Be Aware of How Big Companies Promote Formula.*** A company knows that once you try formula you will be more likely to use it. Formula companies may give you free infant formula in a cute diaper bag. Have faith that your body is capable of making all the milk your new baby needs. Don't be tempted to give formula when it may not be needed.

***Don't Be Afraid to Ask for Help.*** It is a good idea to ask someone to look at how the baby is nursing. This person can point out signs to look for that the baby may be hungry or full. Never be afraid to ask for help as soon as you think you need it.

***Remember this is YOUR Experience.*** With a little planning you will be ready for what ever comes your way. You will be able to rest assured, knowing that you did your best to maintain as much control as possible in the face of the unknown. What is the next step? Bring home your bundle of joy, be there for her, nurse her and enjoy her as she begins her journey of life.

***Babies were born to breastfeed... always have been... always will be.***

## WIC News

- All WIC infant formula checks with "Not-Good-Before" (NGB) dates of July 1, 2011, and later for Gerber® Good Start® Soy Plus formula will be replaced with Enfamil® Prosobee® formula. If your infant currently receives Gerber® Good Start® Soy Plus formula, talk to your WIC Nutritionist about this change.
- Are you pregnant or breastfeeding? Come join the Breastfeeding Support Group! We meet the 2nd and 4th Thursdays of each month, 10:30 am-12:00 am at the WIC office, 375 West Onondaga Street.
- Some national brand juice manufactures have "downsized" their "100% juice" in refrigerated cartons from 64-ounces to 59-ounces. These brands include Tropicana® and Florida's Natural® (but there may be others in the market place statewide). These "downsized" 59-ounce juices are **not** NYS WIC approved. Remember that the only allowable container sizes for WIC juice are specified on the NYS WIC Acceptable Foods Card and on the WIC checks.
- For every WIC appointment you must have your WIC ID or photo ID. If you or your child is being enrolled on WIC or recertified there are a number of other documents needed for your WIC appointment so make sure you verify everything you need to bring to your WIC appointment.

## Wilma WIC

Dear Wilma WIC,

What is spina bifida? I have heard doctors talk about it but I do not know what it is. Can you please explain this to me and what this has to do with folic acid?

Sincerely,  
Folic Acid Fran

Dear Folic Acid Fran,

Spina bifida is a neural tube defect, when parts of the backbone are underdeveloped. Neural tube defects are malformations of the spinal column, spinal cord or brain. Spina bifida leaves a gap in the bone and exposes the spinal cord to potential harm. The neural tube and the brain begin to form in the first six weeks of pregnancy, when many women do not know they are pregnant. It is important for all women in their childbearing years to take folic acid. Having enough folic acid before and during pregnancy helps to properly develop the neural tube which becomes the baby's spine. The recommendation for all women planning to become pregnant or capable of becoming pregnant is to take 400 to 600 micrograms of folic acid daily. When taken in ideal amounts daily, at least one month before becoming pregnant and during the first trimester, it can help prevent spina bifida. It is important that you talk to your doctor before pregnancy and during pregnancy about the recommendations for folic acid and prenatal vitamins.

Sincerely,  
Wilma WIC

## *Pregnancy Facts: Soothing Morning Sickness*

Morning sickness refers to the nausea or vomiting that some women have during their pregnancy. This may be caused by the high amount of hormones in their body. However, it usually only occurs during the first trimester of pregnancy.

Women should have enough nutrients for their own needs and the growth of their baby. Excessive vomiting (called hyperemesis gravidarum) is a rare problem that some pregnant women have when they cannot hold any food down and may become dehydrated. Any woman who thinks she has this should contact her doctor.

Listed below are some tips that women can try to ease their nausea during pregnancy:

- Eat six small meals a day. Never skip a meal.
- Have someone cook for you or cook by a fan if the smells seem to trigger nausea.
- Tasting something sour such as a lemon may help.
- Drink liquids and eat soups between meals, not with your meal.
- Avoid greasy or fried foods.
- Stay away from foods with strong flavors such as garlic and spicy foods.
- Get plenty of rest and take naps when possible.
- Keep cool. Warm environments can worsen nausea. Get some fresh air.
- Keep saltines near your bed and eat a couple before getting out of bed in the morning.

# Here's What's Cooking

## Dinner Salads

You can make a meal out of a salad. Start with veggies – lettuce, tomatoes, carrots and more veggies. Toss in some meat, eggs or cheese for protein and you have a complete meal.

- Choose a dark green lettuce such as romaine or leaf lettuce. The dark green color of lettuce means more nutrition!
- Toss in some colorful fruits and vegetables. Add shredded carrots, broccoli, bell peppers or tomatoes for vitamin A. Toss in tomatoes, bell peppers, shredded cabbage, strawberries, kiwi fruit or pineapple for vitamin C. Add spinach, broccoli or mandarin oranges for folic acid.
- Add protein to your salad. Try adding cooked chicken strips or chopped hard cooked eggs. Sprinkle with shredded cheddar, mozzarella or parmesan cheese.
- Top with a low fat salad dressing. Try making a homemade Ranch Salad Dressing (see recipe below).
- Eat salads full of color and nutrition!

Great salads start with great lettuce.

- Romaine lettuce has 10 times more vitamin A and 7 times more vitamin C than iceberg lettuce.
- Leaf lettuce has 10 times more vitamin A and 5 times more vitamin C than iceberg lettuce.
- If your family is not used to eating darker green lettuce, start slow. Mix iceberg lettuce with romaine or leaf lettuce.

### *Homemade Ranch Salad Dressing*

Dry Ranch Mix:

- 2 tablespoons dried parsley flakes
- 5 tablespoons dried minced onions
- 1 tablespoon salt
- 1 teaspoons garlic powder

Mix and store in an air tight container until ready to use.

To make Ranch Salad Dressing, mix together...

- 1 cup low fat mayonnaise
- 1 cup low fat buttermilk
- 3 tablespoons dry ranch mix

Chill dressing for a couple of hours in the refrigerator before serving to blend flavors together. Shake and serve.



**Onondaga County Health Department WIC Program**  
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Standards for participation in the WIC Program are the same for everyone regardless of race, color, creed, national origin, political beliefs or sex.



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[www.ongov.net](http://www.ongov.net)